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Tuesday, November 8, 2016 metro.us | t: MetroPhilly | f: MetroPhilly

EMIGRATING IF YOUR CANDIDATE LOSES?

Let your voice be heard in Metro's three Election Day polls. 2

Deepak Chopra eases your election stress. 18-19

Is it time to worry about Eagles' big picture? 21-22

DECISION DAY

Ugly campaign comes to a close as voters go to the polls. 2

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Take our daily news quiz to test your knowledge by going to **www.metro.us/news-quiz** to submit your answers.

1.What did the student newspaper at the University of Pennsylvania say about its alumnus Donald Trump?

2. How many career touchdowns does Eagles TE Zach Ertz have in 53 career games?

3. What early Kate Winslet movie also starred "Rainbow Time" actress Melanie Lynskey when she was a teen?

3 things you need to know

ISRAEL SAYS 'NO' TO MIDDLE EAST PEACE CONFERENCE IN PARIS

Israel on Monday formally rejected France's invitation to take part in a Middle East peace conference in Paris later this year, saying it was a distraction from the goal of direct negotiations with the Palestinians. At a meeting in Jerusalem with Israel's acting national security adviser and Prime Minister Benjamin Netanyahu's diplomatic adviser, French envoy Pierre Vimont was informed that Israel wanted nothing to do with the effort to revive talks that last broke down in 2014. "[They] told the French envoy in a clear and unequivocal manner that Israel's position to promote the peace process and reach an agreement will only come through direct negotiations between Israel and the Palestinian Authority," Netanyahu's office said in a statement. REUTERS

IRAQ PESHMERGA STORM ISLAMIC STATE TOWN AS ARMY BATTLES IN MOSUL

2 Iraqi Kurdish peshmerga forces stormed an Islamic State-held town northeast of Mosul, clearing a pocket of militants outside the city while Iraqi troops wage a fierce urban war with the jihadists in its eastern neighborhoods. As the operation against Islamic State's Iraqi stronghold entered its fourth week, fighters across the border launched an offensive in the Syrian half of the jihadist group's self-declared caliphate, targeting its base in the city of Raqqa. An alliance of U.S.-backed Kurdish and Arab groups launched the campaign for Raqqa, where Islamic State has been dug in for nearly three years, with an assault on territory about 30 miles to the north which they have dubbed Euphrates Anger. The battle for Raqqa will be every bit as challenging as the one for Mosul, with both cities carrying huge strategic and symbolic value to the jihadists and their self-declared caliphate covering territory in both Syria and Iraq. REUTERS

FACEBOOK PARTNERS WITH NEWS FOR ELECTION DAY LIVE VIDEO BLITZ

3 Facebook said it would partner with 50 broadcast stations, print and online publications for an Election Day live video blitz, as the social media company aims to build on the momentum of its popular Facebook Live video streaming service. The move comes as Facebook and rival sites like Twitter increasingly embrace live video to draw in users and boost traffic. Facebook warned last week that revenue growth would slow this quarter because of "ad load," or the number of ads that Facebook can put in front of customers without alienating them, offsetting strong earnings that handily beat Wall Street estimates. Each outlet partnering with Facebook will publish a 15-minute live video centered on the presidential election in one of the 50 states. The content will be featured on Facebook's "Election 2016" site on Tuesday and include the hashtag #50states. REUTERS

Clinton and Trump chase last-minute support

Recent polls give Clinton a slight edge.

Democratic presidential nominee former Secretary of State Hillary Clinton. GETTY IMAGES

The long presidential campaigns neared their end on Monday in the same angry tone they began, with Republican Donald Trump calling Democrat Hillary Clinton a "phony" and Clinton accusing her opponent of worsening divisions throughout the country.

As public opinion polls showed Clinton with a narrow lead, she and Trump raced through several battleground states in a last-ditch attempt to encourage their respective supporters to show up at voting booths on Tuesday.

Clinton sought to capture more votes from Latinos, African-Americans and young people, while Trump was looking to rev up disaffected auto workers and a middle class he says has been sidelined by the political establishment.

Clinton was bolstered on the campaign trail by President Barack Obama, who spoke to a crowd of some 9,000 people at the University of Michigan in Ann Arbor, urging young people who supported him in 2008 and 2012 to do the same for Clinton.

Obama, ending his second term in office with strong approval ratings, reiterated his charge that Trump is "temperamentally unfit to be commander in chief," and cast the wealthy New York real estate developer as out of touch with most Americans.

"In his 70 years on Earth, the Donald has never shown any regard for working folks. I don't think he knows working people, except for the folks who clean up in his hotels and the folks who mow the fairway on his golf course," Obama said.

With only hours left before Election Day, the Clinton campaign was boosted by Sunday's unexpected announcement by FBI Director James Comey that the agency stood by its July decision not to press any criminal charges in an investigation of Clinton's email practices while she was secretary of state.

The latest opinion polls showed Clinton ahead: a Fox News poll showed her leading Trump by 4 percentage points among likely voters and Clinton also held a 4-point lead in an ABC/Washington Post poll and a CBS news poll released on Monday.

Financial markets brightened in reaction to the latest twists in what has been a roller coaster presidential campaign. Global stock markets surged, as did the U.S. dollar, putting them on track for their biggest gains in weeks, as investors saw Sunday's announcement by Comey as boosting Clinton's chances of winning.

Clinton's comfortable lead had eroded since late last month and investors had been unnerved by the tightening race, preferring what is seen as a known quantity in Clinton, over the political wild card, Trump.

While opinion polls show a close race but tilting toward Clinton, major bookmakers and online exchanges were more confident of a Clinton victory. PredictIt put her chances of capturing the White House at 81 percent.

Victory is defined not by the popular vote, but by an Electoral College system that awards the White House on the basis of state-by-state wins, meaning a handful of states where the race is close assume an outsized importance. REUTERS

Take Metro's Election Day polls at **metro.us/election-day**

What you need to know before heading to the polls

Here's what Pennsylvanians need to know before casting their votes.

GETTY IMAGES

When are polls open?
Polls will be open from 7 a.m. to 8 p.m. Tuesday. Anyone in line by 8 p.m. will be able to vote.

Can I still register to vote?
No. The deadline was Oct. 11.

What do I need to bring to the polls?
If you're voting for the first time at your polling location, you'll be required to show a form of photo ID:

- State or U.S. government issued ID.
- U.S. passport.
- U.S. Armed Forces ID.
- Student ID.
- Employee ID.

If you don't have photo ID, provide one of the following:

- A non-photostate or government-issued ID.
- Firearm permit.
- Current utility bill.
- Bank statement.
- Paycheck or government check.
- Confirmation from a county voter registration office.

Voters are also permitted to bring a list of candidates on the ballot and any key issues or specific proposals on the ballot.

Where's my polling location?
Find out by entering your address at Pavoterservices.state.pa.us.

What's on my ballot?
In addition to the presidential election, there are several local races in Pennsylvania. An important race pits incumbent Republican Sen. Pat Toomey against Democratic challenger Katie McGinty.

Pennsylvanians must also decide whether to raise the retirement age of justices of the Supreme Court, judges, and magisterial district judges to 75. The current retirement age is 70.

In Philadelphia, residents will vote on a city bond question: Should the city borrow $184.3 million for capital spending in such areas as transit, streets and sanitation, municipal buildings and parks.

ALEXIS SACHDEV

An expanded version of this story can be seen at metro.us

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GETTY IMAGES

SEPTA strike ends, full service resumes in time for Election Day

The agency and the transit workers union reached a tentative agreement for a five-year deal.

ALEXIS SACHDEV
@lexsachdev
alexis.sachdev@metro.us

A six-day shutdown of bus and rail services in Philadelphia is finally over, after SEPTA officials and members of its workers union reached a tentative deal Monday morning, just a day before Philadelphians head to the polls.

Service resumed in phases Monday, and should be back to normal by Tuesday, the agency announced.

Negotiators for Transit Workers Union (TWU) Local 234 and SEPTA resolved a contract dispute that was punctuated by bitter accusations by both sides. The tentative agreement still needs formal approval from SEPTA's board and a ratification vote from union members.

"We know that the strike as caused a significant hardship for thousands of our riders," SEPTA Board Chairman Pasquale T. Deon Sr. said in a news release. "We sincerely regret this disruption to transportation throughout the City of Philadelphia and the region."

Union workers' contracts expired at 12:01 on Nov. 1. More than 4,700 union workers then walked off their jobs, grumbling over issues with pension benefits and time off for drivers in between shifts. The strike froze the city's subway, trolley and bus routes and created traffic gridlocks and commuting nightmares for the agency's 576,000 daily riders and the thousands more who drive into Philly daily.

Democratic party leaders worried about the strike's impact on Election Day, fearing voters wouldn't be able to access polls because of significant delays on the Regional Rail or in traffic. Winning Pennsylvania is key on the path to the White House; while Philly is predominantly Democratic, significantly low voter turnout in the blue city could swing the state in Donald Trump's favor.

SEPTA officials sought an injunction Friday, asking a judge to compel striking workers to return to work. The agency argued the walkout endangered public welfare, citing students who were unable to get to school, low-income families who could not get to work, and young children who had to walk across busier-than-usual intersections.

The judge denied SEPTA's request that same day. The transit service had planned to file another emergency injunction Monday morning ahead of Election Day, if both sides were unable to hash out their differences.

Gov. Tom Wolf said Sunday he intended to file a legal letter in support of SEPTA's injunction request.

"The strike has been devastating for so many individuals and their families, and has created extreme hardships for the city and for businesses," the Democratic governor said in a news release. "The time for it to end is now."

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Clinton mega-event dazzles Philly

Meanwhile, Trump campaigns in Scranton as Americans prepare to choose their next president.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

Thousands gathered in Old City on Monday for a massive election eve rally at Independence Mall in Philadelphia with the Obamas in attendance and performances by Jon Bon Jovi and Bruce Springsteen.

Clinton supporters lined up hours in advance for the rally, which was open for free to the public. The lines stretched more than a mile down to Washington Avenue in South Philly.

"Tomorrow, the world is watching," Jon Bon Jovi told the crowd, to cheers, before belting out an acoustic rendition of "Living on a Prayer."

"I want to thank you if you've been with Mrs. Clinton throughout this campaign. ... Take pictures because you've got a front row seat to history," he told attendees. "I've known Mrs. Clinton for more than 20 years now. I know she's been through a lot to get to this place and this time, and I'm very proud to be here on her behalf."

Hard Hats for Hillary, a group of pro-Clinton union laborers, rallied outside the event in support of Clinton's "plan for the biggest infrastructure program since World War II."

The group has "supported Hillary since early in the primary process and why they'll be there right up to the final minute of this election, including at this get-out-the-vote rally in Philadelphia," spokesman Brent Booker said.

It's the culmination of months of electioneering, as Philadelphia prepares to go to the polls to help pick the country's next commander-in-chief.

Last weekend alone, volunteers for Clinton knocked on more than 1.3 million doors in 286 neighborhoods to help get out the vote, campaign officials said.

A Democratic stronghold, Philly has been targeted by Donald Trump and his campaign surrogates in recent months with claims of rampant voter fraud. City leaders promptly returned fire, denying that there is any evidence of widespread voter fraud.

As Congressman Bob Brady told Metro, "There's no indication we ever stole an election. We don't have to, we got enough voters to win."

Adding to the chaos, a report surfaced that a white supremacist group planned to disrupt the vote in black communities by handing out "40s and weed."

The plan was eventually revealed to be a hoax, but all the tumult led the Department of Justice to announce plans to monitor polls in Philadelphia, in part after calls from Sen. Bob Casey, D-Pa.

"The bedrock of our democracy is the right to vote, and the Department of Justice works tirelessly to uphold that right not only on Election Day, but every day," U.S. Attorney General Loretta E. Lynch said in a letter issued Monday.

The justice department's civil rights division will be monitoring the polls in Philadelphia, as well as in Allegheny and Lehigh counties, Lynch said. Voters with issues can contact the DOJ at 1-800-253-3931 or 202-307-2767.

Locally, the Philadelphia District Attorney's Office will have 70 prosecutors and "several dozen detectives" on an Election Fraud Task Force, which will be ready to respond to any concerned voters. The task force can be reached at 215-686-9641/9643/9644.

Jon Bon Jovi performs during a rally in suport of Democratic presidential nominee Hillary Clinton. GETTY IMAGES

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BRIEF

Southwest Airlines pilots approve new contract

Pilots at Southwest Airlines voted to ratify a new contract that hikes wages and alters retirement benefits, their union said on Monday, following more than four years of talks.

The approval marks a step toward better labor relations at the U.S. budget airline after recent picketing by workers and calls by union leaders for two executives to resign.

Shares were up 3 percent at the market's close.

The new contract raises pay by 15 percent upon ratification, followed by increases of 3 percent annually through 2020, the Southwest Airlines Pilots' Association said in a news release.

The deal, reached with the help of U.S. mediators, moves pilots from a company-matching pension plan to one where they are not required to contribute to receive benefits, the union said.

It also protects pilots' work in case Southwest chooses to market flights on non-U.S. airlines.

More than 84 percent of voting pilots approved the deal, with turnout at 96 percent, the union said.

Southwest is "starting to put behind some of the rancor that has punctuated the place for the past couple years," industry consultant Robert Mann said.

A July computer outage that forced Southwest to cancel more than 2,000 flights added to workers' discontent. Weeks afterward, leaders from four unions submitted a vote of "no confidence" for Southwest's chief executive officer and chief operating officer.

"Even the most ardent labor supporters start to ask questions when you can't run a clean operation," said Mann. "It is absolutely no fun apologizing to people all day long" for flight cancellations. REUTERS

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Robert Durst GETTY IMAGES

Robert Durst of 'The Jinx' pleads not guilty to murder in Los Angeles

Durst was previously tried and acquitted for the 2003 killing and dismemberment of a Texas neighbor and was under investigation in the 1982 disappearance and presumed slaying of his wife, Kathleen, in New York.

Wealthy Manhattan real estate scion Robert Durst, a suspect in investigations of several slayings over the years, pleaded not guilty on Monday in a Los Angeles courtroom to a charge of murder in the fatal shooting 16 years ago of a close friend.

His arraignment came seven months after Durst, 73, the subject of last year's HBO documentary series "The Jinx," pleaded guilty in New Orleans to a federal weapons charge in a separate case and was sentenced to seven years in prison.

He stands accused in Los Angeles Superior Court of fatally shooting Susan Berman, a writer and longtime confidante, on Dec. 23, 2000, because of what she knew about the demise of his wife two decades earlier.

Durst, wearing a neck brace, was rolled into Los Angeles County Superior Court in a wheelchair for the arraignment, during which Deputy District Attorney John Lewin said prosecutors would not seek the death penalty if Durst were convicted.

One of Durst's lawyers formally entered a not-guilty plea on his behalf to a single count of first-degree murder. But Durst himself professed his innocence to the court moments later.

Asked by Judge Mark Windham whether he could understand the proceedings when defense attorneys complained Durst was having trouble hearing, the defendant said, "I hear fine now."

He then added in a slightly quavering voice: "I do want to say here and now, though, I am not guilty. I did not kill Susan Berman." REUTERS

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Case of Georgia man in son's hot-car death goes to jury

In their closing arguments, prosecutors said Harris drove to work with the child and "with his selfish, malignant heart, left him there to die," Cobb County Assistant District Attorney Chuck Boring said.

A Georgia jury was set to begin deliberations in the case of a man charged with murdering his son by leaving the toddler in a sweltering car, after prosecutors said on Monday the man allowed the boy to suffer so he could be free of his marriage and child.

Lawyers for Justin Ross Harris, 35, told the jury on Monday the death his 22-month-old Cooper in June 2014 was an accident. Deliberations were planned to start on Tuesday morning and if convicted, Harris could face life in prison.

"You'll have to do some mental gymnastics to find Ross guilty of anything," defense attorney Maddox Kilgore said in closing arguments, noting that Harris was planning a future with his wife and son.

Cooper died after being locked in Harris' SUV outside his workplace in suburban Atlanta.

Harris wept openly in the courtroom as his attorney played a home video of Cooper laughing as Harris taught him to play a guitar.

More than 1,000 pieces of evidence were presented in court, including text messages that were part of the prosecution. One of those messages was sent by Harris about 10 minutes before he left the car with the boy inside the car and it read: "I hate being married with kids. The novelty has worn off and I have nothing to show for it."

"I hate being married with kids. The novelty has worn off and I have nothing to show for it."

Text message evidence

The court heard about Harris' trail of extramarital affairs and encounters with prostitutes and how he sent sexually charged texts and naked pictures to women and underage girls.

Justin Ross Harris sits in Cobb County Magistrate Court in Marietta, Georgia, in 2014. KELLY HUFF/POOL/FILE PHOTO

The defense contends Harris drove straight to work after a father-and-son breakfast at a Chick-fil-A, instead of taking a U-turn toward the child's day care. Whatever Harris' sexual sins, this case was no different than many other parents who forgot a child in a car, his lawyers said.

His former wife testified that Harris "ruined her life," but would never have intentionally harmed his son.

About 70 witnesses, including a prostitute, several teenaged girls, friends, co-workers, detectives and experts testified during the six-week trial.

The proceedings were moved to Brunswick, Georgia, some 300 miles from suburban Atlanta, after the court failed to seat an impartial jury last spring. REUTERS

BRIEF

NBCUniversal in deal to sell ads for Apple News

Comcast Corp.'s NBCUniversal will begin selling ads for Apple Inc.'s News app next year in an exclusive deal, the companies announced on Monday.

Apple will outsource the selling to NBCUniversal, which already has relationships with many major U.S. advertisers. The deal is reminiscent of one that Snapchat struck with Viacom earlier this year, under which Viacom sells advertising on Snapchat's behalf.

Unlike Apple, however, Snapchat has been filling its sales roster as it prepares for next year's initial public offering.

Apple does not have its own sales team after it shut down its iAd app ad network in June, which was used to fill unsold inventory for Apple News.

Apple launched its News app last year and currently has over 70 million active monthly users.

Publishers on the app, which include The Wall Street Journal and The New York Times, will still be able to sell their own ads and keep all of the revenue, but now NBCUniversal, rather than Apple, will sell the extra inventory.

REUTERS

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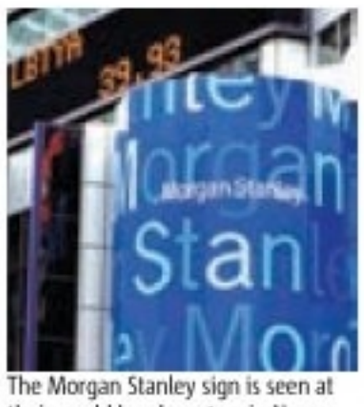
Banks gird for Brexit-style tumult following US election

U.S. banks, including Morgan Stanley, JPMorgan Chase & Co. and Goldman Sachs Group Inc., are bracing for potential tumult on financial markets in the wake of Tuesday's election.

Bank preparations ahead of Election Day reflect their experience following Britain's shock vote to leave the European Union in June, when the S&P 500 fell 3.6 percent the day after the poll.

Morgan Stanley told staff to consider using stop-loss orders, an automated trading mechanism that is meant to sell an investor's position as soon as a stock hits a preset level, if the election result causes trading volumes and volatility to spike.


The Morgan Stanley sign is seen at their world headquarters in New York City. GETTY IMAGES

The bank also told advisers in its wealth management unit to prepare for election-related conversations with clients and pointed them to relevant pieces of research, according to a Nov. 7 memo reviewed by Reuters.

Traders expect U.S. stock prices to swing by about 2 percent in either direction on Wednesday, the day after the election, based on the price of S&P 500 index options.

Some banks are projecting a more extreme drop in the event of a victory for Republican Donald Trump, with Citigroup estimating that a Trump victory could trigger a 3 percent to 5 percent sell-off for the S&P 500.

U.S. stocks rose on Monday as Democrat Hillary Clinton's prospects brightened after the FBI said it would not press criminal charges related to her use of a private email server.

Investors have tended to see Clinton as a more status quo candidate, while Trump's stances on foreign policy, trade and immigration have unnerved the market. REUTERS

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Janet Reno, first woman attorney general, dies aged 78

Reno served as the top law enforcement official during Democrat Bill Clinton's presidency from 1993 to 2001, becoming the longest-tenured attorney general of the 20th century.

Blunt-spoken Janet Reno, who served eight years as the first woman attorney general and authorized the deadly 1993 raid on the Branch Davidian cult compound in Waco, Texas, just weeks into the job, died on Monday at age 78.

Reno died in Miami of Parkinson's disease complications, according to her goddaughter, Gabrielle D'Alemberte. Reno was diagnosed with the progressive central nervous system disorder in 1995.

She authorized the seizure by federal agents in 2000 of 6-year-old Cuban shipwreck survivor Elian Gonzalez from relatives in Miami, as well as the government's huge antitrust case against Microsoft Corp. in 1998.

Clinton said on Monday, "As attorney general for all eight years of my presidency, Janet worked tirelessly to make our communities safer, protect the vulnerable, and to strike the right balance between seeking justice and avoiding abuse of power."

The former Miami prosecutor, picked by Clinton only after his first two choices for the job ran into trouble, exhibited an independent streak and a brusque manner that often upset the White House.

Reno weathered White House complaints that she was not a team player and that she sought too many special prosecutors to investigate cases, including the Whitewater affair involving the finances of the president and first lady Hillary Clinton.

"Janet Reno was an American original, a public servant whose intellect, integrity and fierce commitment to justice helped shape our nation's legal landscape."

President Obama

Reno was only 38 days into the attorney general's job when she approved the April 19, 1993, FBI raid that led to the deaths of about 80 people, including many children, at the Branch Davidian cult compound in Waco, Texas.

Federal agents had earlier tried to serve a warrant on the cult's leader, David Koresh, who said he was the Messiah, for stockpiling weapons. Four agents and six cult members were killed in an ensuing shootout, leading to a 51-day standoff.

With negotiations at an impasse, Reno gave the go-ahead for the raid after hearing reports of child abuse in the compound. The raid on the heavily armed cultists ended in an inferno that engulfed the site.

"I made the decision. I'm accountable. The buck stops with me," a grim-looking Reno told a news conference later.

Reno took a personal interest in the political tussle over Elian Gonzalez, the young shipwreck survivor whose mother drowned fleeing Cuba.

Reno met the boy and his Miami relatives, who battled to keep him from returning to communist Cuba, and his father and grandmothers, who wanted to raise Gonzalez in his homeland.

Reno argued that Elian belonged with his father and acted after the Miami relatives defied a U.S. government order to hand him over. She authorized armed agents to take the boy from his relatives' home in a predawn raid in April 2000 and reunite him with his father, who took him back to Cuba.

The raid infuriated members of Miami's Cuban exile community, who called her a "witch" and a lackey of Cuban President Fidel Castro.

In 1998, Reno's Justice Department brought a huge antitrust case against Microsoft. Two years later, a federal judge ordered the breakup of the software giant because it had ignored his ruling that it had used unlawful monopolistic practices.

The case was settled in 2001 by the administration of President George W. Bush, Clinton's Republican successor, in terms seen as favorable to Microsoft. REUTERS

Former U.S. Attorney General Janet Reno GETTY IMAGES

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Hate speech seeps into US mainstream amid bitter campaign

The lettering is crude, scrawled in black spray paint on the sidewalk in front of Karen Peters' neatly kept home in the quiet, working class neighborhood where she's lived most of her life. But the contempt is clear.

"KKK Bitch."

The racially charged graffiti appeared in mid-October on cars, homes and telephone poles in the small city of Kokomo, Indiana. Many victims, like Peters, were African-American, though some were not. Many also had lawn signs for Democratic candidates in this week's presidential election, and the signs at several homes were painted over with the Ku Klux Klan's notorious initials.

"I think it's a political thing; it's getting out of hand," said Peters, who believes the heated tenor of the presidential campaign — and especially the aggressive, nativist rhetoric of Republican candidate Donald Trump — has emboldened extremists.

In the United States, reports of hostile political displays, vandalism and violence are cropping up regularly. GETTY IMAGES

"When you have [candidates] saying ignorant things, maybe other people think it's OK to do this stuff, and that's pretty doggone sad. ... It seems like our country is going backwards."

Police have no suspects in the attacks. Democrats, including the mayor and local party officials, believe they were politically motivated. Local Republicans are skeptical, suggesting the damage is the work of ignorant hooligans with no place in the party.

Across the United States, the inflammatory and confrontational tone of political rhetoric is creeping into public discourse and polarizing the electorate.

It's hard to quantify the impact; there is no national data that tracks politically motivated crimes or incendiary speech.

However, the percentage of voters who believe insulting political opponents is "sometimes fair game" has climbed over the campaign season, to 43 percent in October from 30 percent in March, according to surveys by the non-partisan Pew Research Center. A majority of voters for both parties have "very unfavorable" views of the other party — a first since Pew began asking the question in 1992 — and distrust in government is hovering near all-time lows.

"These indicators reflect inter-group tensions that can translate into everything from coarse discourse or low levels of aggression all the way up to extremist acts," said Brian Levin, director of the Center for the Study of Hate and Extremism at California State University.

While much of the venom has been aimed at immigrants, African-Americans and other groups typically aligned with Democratic presidential candidate Hillary Clinton, Republicans also have faced vitriol and hostility.

Much of the debate over extremism has focused on the so-called Alt-Right, a loose-knit movement of white nationalists, anti-Semites and immigration foes that has emerged from the political shadows to align itself with the Trump campaign. REUTERS

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Jennifer Aniston claps back at the media

ALL PHOTOS GETTY IMAGES

The media has a special affinity for Jennifer Aniston. No matter what she — or her exes — does, the rumor mill will always find a way to keep the 47-year-old actress front and center.

But Aniston herself recognizes the harm in these invasive stories. She recently penned an op-ed on Huffington Post slamming tabloids for using her to objectify women and promote limited, sexist narratives. More recently, she sat down with Marie Claire to explain her decision to speak out.

"My marital status has been shamed; my divorce status was shamed; my lack of a mate had been shamed; my nipples have been shamed. It's like, Why are we only looking at women through this particular lens of picking us apart? Why are we listening to it? I just thought: I have worked too hard in this life and this career to be whittled down to a sad, childless human."

Looks like Jennifer has lost her effs to give. The full interview will be available on newsstands Nov. 15.

Sophie Turner and Joe Jonas might be dating

INSTAGRAM/@ THESOPHIETURNER

The MTV European Music Awards were Sunday in Rotterdam, Netherlands. Joe Jonas, 27, and Sophie Turner, the 20-year-old actress who plays Sansa Stark in "Game of Thrones," were both in attendance… together… cuddled!

The pair looked very cozy as they sat next to each other in the audience before Joe's performance. If this is a newly formed couple, we're here for it! Just imagine: Joe Jonas of House DNCE, Ruler of Hair Gel, Lord of Winterfell.

A Sophie Turner fan page on Instagram posted these photos of the couple a few hours before the award show. Joe better not break Sansa — we mean Sophie's — heart. She may have learned a thing or two from her revenge kill against Ramsey Bolton.

T.I. is not feeling Lil Wayne

Rappers Lil Wayne and T.I. are longtime friends. They've collaborated on music together, and their teenage daughters were once a part of the same girl group, OMG. But T.I. is willing to put their friendship to the test for what he believes.

After Lil Wayne said he felt disconnected to the Black Lives Matter movement because he's rich, T.I. took his friend to task on Instagram. The 36-year-old Atlanta native said he was "at a complete loss of words" when two of his children showed him the "Nightline" clip.

"I don't know what you goin thru, or what you are attempting to avoid but this s—t is absolutely unacceptable!!!! You're disrespecting yourself, bringing shame on your family name & tarnishing your legacy. You have children (including mines prior to now) that have looked up to you. You have sons & a daughter that depend upon your leadership."

I'm sure Lil Weezy didn't imagine that his rant could cost him a friend..

the word

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ISTOCK

How to write a dating profile to attract the right matches

LAURIE DAVIS EDWARDS

Single and Swiping

Laurie Davis Edwards is the founder of eFlirt, an online dating concierge service, and the best-selling author of "Love @ First Click: The Ultimate Guide to Online Dating."

Are you attracting the type of matches you're looking to meet? If not, it's probably your profile. (And yes, you need to write something, not just post photos … even on dating apps.)

Writing a profile will mean better connections because it becomes easier for people to start a conversation with you, and — when done right — will attract the people you want to meet.

Here's my step-by-step guide to knowing exactly what to say in your dating profile:

Brainstorm keywords

Consider your life by asking yourself: What do you love to do? How do you spend most of your time? What are you interested in? Write down all the words that come to mind. In particular, focus on specific interests like "fitness" or "museums" that will help someone understand your life in a snapshot.

Get clear on who you want to meet

To attract quality matches, you'll have to define quality for yourself. Focus on the type of person who is interesting to you. Consider: What might you have in common? What about you would the person you're looking to meet be attracted to?

Explore the overlap

The sweet spot for profile content is the intersection of your interests and your match's intrigue. It makes the other person excited to message and meet you. Find three to five keywords that lie in the sweet spot and explore them more. Write down everything you can about those topics so you can see all the potential topics to incorporate. For example, "fitness" might make you think of yoga, which reminds you of the retreat you took in the Berkshires.

Start writing

I find that most great profiles will highlight these three to five topics in interesting and specific ways. It gives your match enough to connect with but doesn't overwhelm them, either. On an app, about three to five sentences is also the ideal length and on a site where there is more space, three paragraphs is best. Above all, remember that perfection always seems too good to be true. Don't be afraid to balance all that yoga by revealing your hot chocolate indulgence.

Laurie Davis Edwards is the founder of eFlirt, an online dating concierge service, and the best-selling author of "Love @ First Click: The Ultimate Guide to Online Dating."

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Melanie Lynskey: Indie queen

The actress talks about her new dramedy, "Rainbow Time," and keeping things small.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Melanie Lynskey went from starring in "Heavenly Creatures" as a teen to a rich career making the types of movies Hollywood doesn't fund anymore: the ones about relationships, about people, about foibles and neuroses and bizarre but recognizable feelings. The latest is "Rainbow Time," a dramedy about a man named Todd (Timm Sharp) who's serious enough about his girlfriend, Lindsay (Lynskey), to introduce her to his family. They happen to include an old-school dad (Tobin Bell) and Shawnsy (Linas Phillips, who also wrote and directed), Todd's "slow" brother, who has the brain and the sexual drive of a teenage boy.

GETTY IMAGES

In "Rainbow Time," Melanie Lynskey plays a woman whose boyfriend (Timm Sharp, left) introduces her to his weird family, including his sex-obsessed brother (Linas Phillips, center). THE ORCHARD

Lindsay is thrown into this strange family, but she's really open and understanding about it and doesn't judge.

I think she's understanding to the point where she makes it harder for Todd. Because he knows them. He grew up with them, he knows what the deal is. Even though I think he's a little oversensitive about it, she kind of forces him to places he doesn't want to go to.

You knew Linas from a stint he had on "Togetherness." You seem to work a lot with friends. "The Intervention" was something you did for your best friend, Clea DuVall, and she got you to play a character you haven't before: a bossy alcoholic.

I think she really wanted to write something for me where I got to do a lot of things she finds funny when I do them in real life, which is pretending to be drunk and pretending to be a very bossy person. Because it's so different from me. It was really fun to have someone who knows me better than literally everyone else in the world create something for me.

Did Linas write the "Rainbow Time" role for you?

He wrote it with me in mind, but I know it's based on somebody he knows. You have to be a little bit like, "It's mine now." [Laughs] He was a little bit protective. Sometimes he would start talking to me about how the actual person responds to things, and I'd like, "OK, but …" But he was good at giving it over to me. It's just sweet that he was so protective. He cared so much about this movie.

You seem to exclusively do indies.

It's all I do. I feel like when people are casting action movies, I'm not the first choice. But I like it. It's a little bit of a depressing time for character actors and female actors. With studio movies, unless you're a movie star, there's not a lot out there for women. There's that whole wife on the phone thing: "Are you OK?" I'm on the SAG nominating committee, and they sent out the little booklet with all the names, and you fill in whoever you want to be nominated. I noticed that for male supporting actors, there were three more pages than for female supporting actors. If you think about any movie set at the CIA or "Spotlight" — it's a brilliant movie, but it's almost all men in great supporting roles.

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Naomie Harris didn't want to play an addict

For Barry Jenkins' acclaimed film "Moonlight," now in theaters, Naomie Harris spent only three days shooting all of her scenes as Paula, our protagonist's drug-addicted mother, seen over three separate time periods. A24

But the acclaimed actress and Bond figure made an exception for "Moonlight."

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Naomie Harris makes a point of not playing drug addicts. It wasn't long ago — and it's still the case — that a lot of black actors get stuck playing those types of roles. The English-born actress wanted to avoid that. And she has: She's played strong female characters since "28 Days Later," through "Mandela: Long Walk to Freedom," right up to the Bond films, in which she's Moneypenny.

So what led to Harris breaking her vow for "Moonlight," Barry Jenkins' acclaimed drama, in which she plays Paula, the crack-addicted mother of a shy boy in a low-income Miami neighborhood who we watch, over three segments, grow into a hard, grill'd-up man? Harris said Jenkins wanted to avoid stereotypes, especially having been raised by a mother who battled her own addiction.

It's incredible to think you shot all your scenes, set over three separate time periods, in only three days. You had to navigate a lot of ground.

The work was done before. I had a month to prepare, so I did all my research then, all my interviews with people with addictions. YouTube is a minefield for research. I saw some amazing documentary on YouTube about addiction, from the '80s. It had interviews with crack addicts. Then how I get into character is doing this, what we're doing: I imagine that I'm being interviewed.

So these junket interviews are actually helpful!

They are! I imagine an interviewer asking, "Where did you grow up? What is your mum like?" And I answer them as though I'm being interviewed in the voice of the character. That way I find a whole narrative behind them. Through that I find their voice. Then it comes alive.

Addiction is something so many of us can't even comprehend. What was your "in" to it?

I don't even drink coffee, and I don't drink alcohol. So for me it's a massive jump to play a crack addict. So how do I get an "in" to this? This one woman described it so beautifully: She said it was like the greatest love affair. Because when you start taking drugs, it's like a lover who treats you so well, makes you feel amazing and makes you feel so confident and happy. There are amazing sensations that you have. But the more you get into it, it becomes like an abusive lover. Your body gets more and more immune to the drug, so you need bigger and bigger doses, just to feel the high. You're always chasing the high you got at the beginning. But you can never re-create those. You start hating the drug, because you don't want it. But you're addicted to it. And you start hating yourself as well. Then you're addicted to this awful goddamn spiral. That for me was what made me feel it so deeply. That I can really understand.

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'In My Body,' a celebration of human spirit, took a village to create

Some of the Philadelphia arts scene's finest get together on a world premiere musical.

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"I hope it reminds people to enjoy and embrace all that the body is," says Leah Macdonald. ALL IMAGES LEAH MACDONALD

"There is nothing simple about living in our bodies," says Kate Cipriano.

"Living in your body successfully takes resilience," says Kathryn MacMillan.

For a musical-theater piece so deeply personal — one that examines the body in all its naked successes and failures, joys and pains — the Prince Theatre premiere of "In My Body" (Nov. 9-12) comes from a loving team, rather than a single soul or source.

Based upon Philadelphia fine artist Leah Macdonald's detailed and empathetic encaustic photographic nudes, director Kathryn MacMillan, composer Dan Martin, lyricist Michael Biello and book writers Lis Kalogris, Kate Cipriano and Melissa Hays have banded together for a unique look (and sound) at all the human form holds dear.

"I hope it reminds people to enjoy and embrace all that the body is," says Macdonald, who created new nude photos as a set for the piece. "I think between technology, fear and people's insensitivity to very heightened states of trauma, people are moving away from taking care of the body, being present of and within their body."

Kate Cipriano, the mother of writing partner Lis Kalogris, furthers Macdonald's thought by saying, "There is nothing simple about living in our bodies, particularly today. Our society is obsessed with body culture and body image."

Their journey toward "In My Body" started in 2006, when their spouses were in a near-fatal car crash which exposed the mother and daughter to what extreme body trauma could be "and the physical and emotional aftermath of it," says Kalogris. In 2008, they met Leah Macdonald, whose intense encaustic photographs — road maps of the physical self — tell stories about people living in diverse bodied — the disabled, the altered, all which happen to be beautiful and hold mystery and purpose.

"My work speaks directly to people's experience of living in their bodies — whether to heal or accept something about their naked selves that is different; what their life was like in their body," says Macdonald. "These are not artistic nudes, but nudes of women who suffered life trauma or injury, specifically dealing with physical or mental challenges with their bodies."

Once these women decided upon collaboration, the music of Martin and Biello ("I stored their amazing anthems in my heart," says Kalogris) and the direction of MacMillan became guideposts to great drama and harmony. "The composer/lyricist duo have a gift for exploring tension between what's happening musically and lyrically," says MacMillan. For example, the musical key might feel dark, minor, but the lyrics are celebratory. "What's fun about that for me is that I have to find how I triangulate that tension in the staging. What can I add to honor, highlight and complete the beauty of their creation?"

From there, MacMillan states that "In My Body" is a collage of different characters, and different kinds of songs, stylistically. "Characters pop up for a single piece then disappear, and in some ways it's like directing 20 short plays. So our job, the cast and I, is to inhabit each little world then find the universality that strings the evening together. For the writers and me, living in your body successfully takes resilience, courage, vulnerability and joy. So the evening becomes a journey toward those things."

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6 Alternative bloggers who'll change the way you dress

With many big name bloggers donning paid-to-wear outfits, it's time to look out for those fashion influencers who haven't sold out.

LUZ LANCHEROS

Linda Toi

Linda Tol is known for her androgynous style and seemingly impossible color-blocking combinations. This Dutch fashionista who started in PR in 2008 is also a personal shopper and stylist. She has appeared in several international magazines, where she has shown the versatility of her style.

Instagram: @lindatol_
+282K followers

Tommy Ton

He's not just a fashion blogger but the most contemporary street-style portraitist. The Canadian started as an assistant to designer Wayne Clark before creating his fashion blog, Jak &Jil. He now shoots the biggest names from the fashion world — and they're only to pleased to be photographed by him.

Instagram: @tommyton
+319K followers

Stella Rose Saint Clair

She is the daughter Isabella Blow and Alexander McQueen never had. Her multicolored hair and stylistic universe is reminiscent of "Alice in Wonderland," but in a more edgy, fashion-forward tone. A stylist and fashion designer, her blog, Confessions of a Drag Queen, was a resounding success in 2012.

Instagram: @itsstellarose
+69.9K followers

Gala Darling

Self-help gurus are often seen as clean-cut individuals who have far from a wacky sense of style. But Gala Darling is a teacher and motivator from New Zealand who masterfully combines vintage, urban and dark style with activism to inspire others. She has written books and wears turbans and neon underwear. She's also a power dresser who's earned herself more than 52,000 followers on Instagram.

Instagram: @galadarling
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Style Arena

South Korea, and especially Japan, are on another planet fashion-wise — it's pure avant-garde street style. This blog, which shows the style of young urbanites, is designed and managed by the Japan Fashion Association, who describe street style as "the foundation of every society and its time. It shows the way they feel and think. People's taste."

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Olivia Emily

A 23-year-old stylist from London who translates Victorian Gothic style into a modern and sophisticated look. She creates her own tutorials and even shows those who are not adept at adopting way-out looks sartorial choices that can work for any woman.

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Deepak Chopra can help curb your Election Day anxiety

MAKE HEALTHY YOUR NEW HAPPY

The world-renowned doctor says to go ahead and take off work today, if possible.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

The celebrity guru says your mantra today could be, "We will get what we deserve." Mic drop! PROVIDED

Deepak Chopra, New Age spiritualist, best-selling author, Oprah collaborator, immortalized in a Kanye West lyric, has some wisdom to share with American voters who are all-consumed with anxiety right now:

"Do what needs to be done, and then leave the results to the unknown," he says.

Easier said than done, especially for a society that struggles with the concept of relinquishing control. But in this election year, which has seen unprecedented levels of stress across party lines, we could all stand to take a page from Eastern medicine.

We turned to the international wellness expert for advice on how to manage anxiety on Election Day.

What is your advice for coping with the stress of today?

The best advice is go with your conscience, have a vision for what you want to see America be now and in the future and ask yourself the following questions:

No.1: What kind of world do I want to live in?

No. 2: What kind of world do I want my children and their children to live in?

Ask yourself to be guided into making the right choice. And then let go. And then every time you feel stressed, bring your awareness into your heart, and take a few deep breaths and repeat those questions.

What about voters who know what world they want to see, which candidate they want to take the presidency, but are stressed because they fear their vision won't come to fruition?

You have to accept that you have an intention. Do what needs to be done, and then leave the results to the unknown. You do not control the collective consciousness. Accept your part in it. The unknown is all there is. There is no such thing as certainty in life, and that is a good lesson right now. That's how we should live our lives always.

Exercise your right to vote and then go celebrate and don't worry about the results until they come out.

But most of us have to go to work!

Well, it's a good day to take the day off from work, if you have the ability to do so.

And if you don't?

You're not going to be working anyway, you're going to be biting your nails!

The best way to get rid of stress in the moment is to just be aware of your breathing or just of your body. The more aware you are of your breathing and your body, the easier it is to get out of the future and the past, which is where the stress is. The stress is never in the moment. The present moment doesn't have stress. It's thinking about the past and future that has stress.

Ah. That's helpful. And how do we focus on the present moment?

Observe your breath, observe your body, or ask yourself, "Am I in the moment?" Asking yourself, "Am I in the moment?" brings you into the moment.

What would you suggest for an Election Day mantra?

"We will get what we deserve."

Whoa. That's a difficult pill to swallow.

Yeah, but it's the truth. Ultimately, whoever we get [as a president] represents our collective conscious. We will get what we deserve and then detach.

So do you say it to yourself?

Whenever you feel distress you can say it [to yourself].

Wouldn't that make someone more upset?

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The concept is very unsettling.
That's because we live in such a neurotic society. We have to come to terms with the fact that we're neurotic. We're a messed up, screwed up society that's totally insane. So just say, "I'm picking up my visitor's badge in this lunatic asylum." [Laughs]

You have a new wellness app, Jiyo. How can folks use it to manage stress?
Yes, you can download it for free on iTunes and it has everything possible you could do [to manage] stress. It gives you short yoga lessons, meditation techniques, tips on how to manage relationships, mind-body health. It has 40 experts [who can offer advice] across all those areas.

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Children who use smart devices before bed twice as likely to sleep poorly

Parents should cap screen time 90 minutes before bed.

DMITRY BELYAEV
Metro World News
letters@metro.us

Children who use their smartphones just before bed are twice as likely to suffer a bad night's sleep, according to new U.K. research.

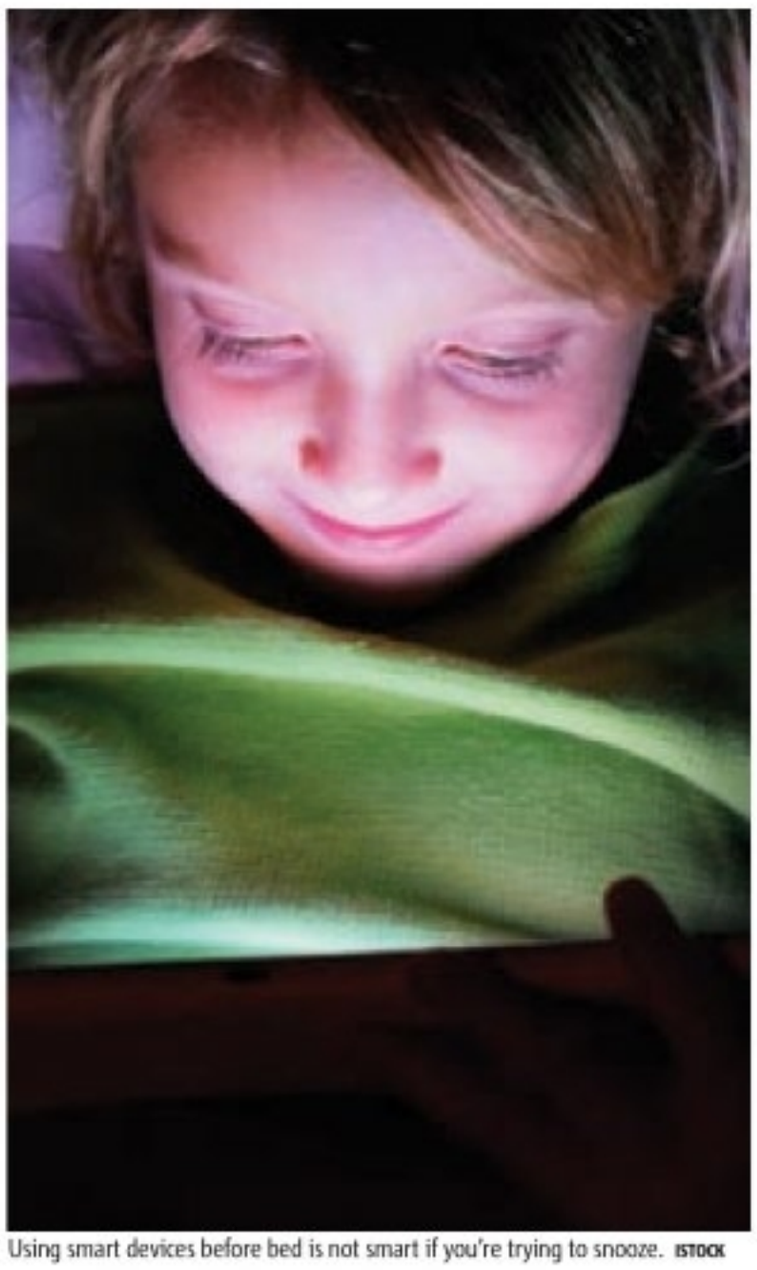
Scientists at King's College London and Cardiff University recently published a study in the journal JAMA Pediatrics that confirms smartphones and tablets disrupt children's sleep even if the devices are turned off.

Researchers analyzed data from 17 studies that involved more than 125,000 children. "We found approximately double the risk of poor sleep in those children who used a media device, compared to those who didn't have access to a device," said Ben Carter, co-author from King's College London.

"However, more surprisingly we found a large increase in risk to those children who had access to a device in the sleep environment, but it was not used."

Sleep is crucial in the healthy development of children, and poor sleep is linked to health issues such as obesity, stunted growth, a reduced immune system and mental health problems.

According to previous studies, seven in 10 children and nine out of 10 teenagers keep at least one device in their bedrooms and most are used near to bedtime. Researchers suggest we avoid gadgets at least 1.5 hours before we go to sleep.



Using smart devices before bed is not smart if you're trying to snooze. ISTOCK

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MACNOW: EAGLES FANS SHOULD START TO WORRY ABOUT THE BIG PICTURE

GLEN MACNOW

OPINION

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.
@realglenmacnow

The Eagles moved the ball pretty well Sunday, but turnovers and failed fourth-down conversions led to their fourth loss. GETTY IMAGES

Just a month ago, it seemed so promising. The Eagles rookie coach and QB zoomed past expectations in a 3-0 start. Maybe, we dreamed, they could be a playoff team, even a division winner. Even if not, we were set for years, with Doug Pederson and Carson Wentz revising the roles of Andy Reid and Donovan McNabb … if not being better.

Now, as the leaves have fallen, so have our hopes.

Crushing losses to the Cowboys and Giants squashed the Eagles postseason chances. More so, they created doubt that the franchise has the foundation it needs to move ahead.

Only a little of this falls on Wentz. He threw foolish interceptions on the first two drives Sunday to put the Eagles down, 14-0. He sailed balls again. But he did recover to pass for 364 yards. He still projects as a future Pro Bowler — although those early hot-take comparisons to Favre and Elway have halted.

The much bigger concern is Pederson. Again Sunday, he made head-scratching play calls and strategic decisions that followed no coherent pattern.

"Big Balls Doug" lost his bravado against Dallas. He had it in spades Sunday, trying twice — and failing — on fourth downs deep in Giants territory. In a 28-23 loss, it's easy to do the math of passing up two easy field goals.

Personally, I was lukewarm about the first decision — a fourth-and-2 from the Giants' 27, down 14-3 at the start of the 2nd quarter. The second one — fourth-and-1 from the Giants' 6, down 21-10 — was just baffling. A field goal would have made it a one-possession game.

But even if you support the guts of going for it, you can't endorse the inane play calling. The first drive ended with Wentz rolling out on a keeper that he's shown no ability to run. The Giants sniffed it out and tossed Wentz for a 4-yard loss.

The second try failed when Pederson called a sweep to 180-pound Darren Sproles — who is many things, but not a power back. Running behind Isaac Seumalo, who lined up at fullback, Sproles was engulfed by blue jerseys and fell short. Meanwhile, Ryan Mathews sat on the bench.

"There's a fine line between crazy, borderline crazy and doing the right thing," the coach said in his postgame interrogation. Fans rightly wondered on which side of the line he fell.

It seems here that Pederson panicked and began chasing points early after falling down 14-0 on those two interceptions. It also appears the Eagles playbook doesn't have any well-designed plays for those situations.

We give our rookie players a learning curve. Wentz — like Joel Embiid, Ivan Provorov and others — will be allowed mistakes and lauded for early promise. But from rookie coaches, we demand immediate perfection and expect them to improve from that.

Is it fair? Perhaps not. But Doug Pederson has been around the NFL for decades, long enough to have a better grasp on these things. His in-game gaffes are raising real concerns over whether Jeff Lurie hired the right guy.

Other thoughts:

- It was nice to see Zach Ertz involved for once — with eight catches for 97 yards. But Ertz was never a factor in the red zone, where tight ends typically earn their pay. In 53 NFL games, Ertz has just nine TDs. And, as usual, he typically fell down immediately after making every catch.
- Stupidest move of the game was LB Nigel Bradham's right cross to Odell Beckham Jr.'s helmet after a third-quarter completion. The resulting "unnecessary roughness" penalty put the ball at the Eagles' 35. As Bradham's defensive coordinator, Jim Schwartz, said, "You do dumbass things, people label you a dumbass."
- The Eagles entire secondary was dreadful Sunday, including usually reliable safeties Rodney McLeod and Malcolm Jenkins. Most alarming was CB Leodis McKelvin, who was beat by Eli Manning on three TD passes. McKelvin looks like a shot player in the way Blaine Bishop once did when he spent a season here

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Doug Pederson refuses to admit he made the wrong decision going for it on fourth down four times Sunday. GETTY IMAGES

- as a free agent.
- More on the coach: Wendell Smallwood dashed for 19 yards the first time he touched the ball in the first quarter. Then, he didn't get another handoff for the next 37 minutes of game time — when he gained six on his only other carry. Why, Doug, why?
- The good news Sunday was the return of the long pass, including four plays of more than 30 yards. Bryce Treggs, finally released from captivity, grabbed a 58 yarder and had 69 yards overall. By the way, Nelson Agholor has never once amassed 69 yards in an NFL game.
- Speaking of receivers, we are seeing why Tennessee let Dorial Green-Beckham go for a backup lineman. The former second-rounder had zero catches on five targets. More troubling: He loafed through pass patterns and showed an aversion to fight for the ball.
- More good news: The Vikings lost their third straight Sunday. Remember, the Eagles own Minnesota's first-round pick from the Sam Bradford trade.
- The Eagles outgained the Giants, 443 to 302, Sunday. Won time of possession, 32:40 to 27:20. Had fewer penalties. Still lost by five. Going 2-for-6 in the red zone will do that.
- Jordan Hicks had a late-game interception on a ball that I can't imagine any Eagles wide receiver catching. In 16 NFL games, Hicks now has four interceptions, four fumble recoveries, two sacks, eight passes defended and two forced fumbles.
- Terrible noncall late in the game when Carson Wentz got slapped in the helmet and the ref looked away. Broadcaster Troy Aikman said the Eagles didn't get the call because Wentz is an unproven rookie. I don't know whether Aikman is correct, but if so, that's a terrible indictment of the league.
- Wentz's stats in his final drive in road games, with the Eagles tied or down: 4-for-10 passing for 46 yards and one interception. Four sacks for minus 26 yards. And an 0-4 record.

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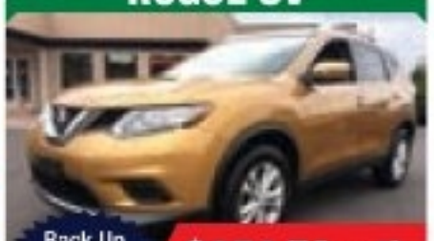
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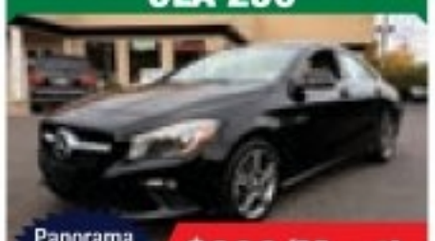
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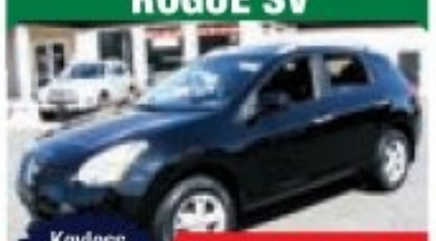
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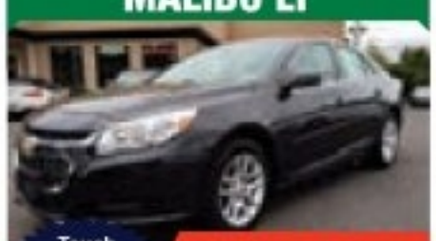
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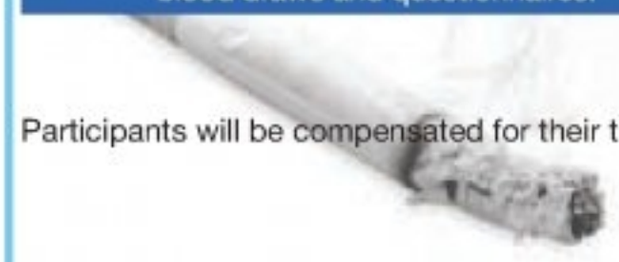

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Penn Medicine

The Eagles finally return home after heartbreaking losses in Dallas and New Jersey. GETTY IMAGES

Unrelenting schedule makes Eagles failure to win close games more lethal

The Eagles road to the playoffs doesn't get any easier.

EVAN MACY
@evan_macy
evan.macy@metro.us

The Eagles have the hardest schedule in the NFL. And as such, at 4-4, the squad has just a 27 percent chance to make the playoffs and four percent chance to win the NFC East — according to Fivethirtyeight.com.

Philadelphia is 0-3 in their division following a 28-23 loss to the Giants in Week 9. They had the bad fortune to face the Vikings, Cowboys and Giants in consecutive weeks. Each of those three teams was fresh off their respective bye weeks making the task of winning close games down the stretch all the a lot tougher. They will face the Falcons next week coming off extra rest having played last Thursday night.

Recent squandered opportunities in winnable games will make it all the more difficult for the Eagles to make up ground, as things get even worse after they host the Falcons in Week 10.

A trip out west to play the Seahawks, a home game against the Packers on Monday Night Football and short week against the Bengals in Cincinnati offer yet another relentless stretch of games.

All three of the Eagles home divisional games fall in the final four weeks — with a date against the Ravens in Baltimore mixed in the middle.

These facts — paired with the Eagles diminishing play in their recent five games which saw them go 1-4 — could mean that winning now is not realistic with a youthful squad, rookie head coach and rookie starting quarterback.

"We're obviously building something here, but, when you look at these games, that we've been in at the end, the encouraging thing is that we really should have won those games," Doug Pederson said, refusing to leg negativity seep in despite an ugly recent stretch. "The Detroit game, we had the lead. Dallas, we had the lead. And then [Sunday], we had opportunities late in the game, to take the lead and/or win the football game, so, these are all things that, as we build this thing, we're going to win these games down the stretch as we go. That's part of heading in the right direction for me."

The Browns hold the Eagles first-round pick in 2017, so their finish will not matter with regards to draft position. So even if they were thinking of "tanking," there would be no incentive to do so.

Philly holds Minnesota's first-rounder (they acquired it for Sam Bradford in the preseason) so the best Eagles fans can do is root against the Vikings.

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6 Legally impede
11 Soda-can opener
14 Boadicea's people
15 Limerick starter
16 Yalie
17 Chopin's instrument
18 Not go right (3 wds.)
20 Part of RSVP
21 Deck hands
23 -- pie
24 Role model
26 One more
28 Past
30 With good -- (willingly)
31 Hair tint
32 Mall booth
33 Pants problem
36 D'Artagnan prop
37 Alabama town
38 Bireme movers
39 Get spliced
40 Bamboo muncher
41 Geena or Bette
42 Special effort
43 Monet or Gauguin
44 Without doubt
47 Makes light of
48 Hobby shop wood
49 Nervous swallow
50 Villain's laugh
53 Big shock (hyph.)
56 Ease of manner
58 Beat a retreat
59 -- nous
60 Bert's Muppet buddy
61 Sauna site
62 Giggle (hyph.)
63 Kingly

Down
1 Takes tea
2 CI x II
3 Straightened
4 Beattie or Blyth
5 Epoch of grazing animals
6 Waters of blues
7 "Pygmalion" author
8 Decade number
9 Website suffix
10 Fan spreader
11 Hen's lack
12 Michael Caine role
13 Flea or gnat
19 Troubadour prop
22 -- Dawn Chong
25 Two tablets, maybe
26 Pleasant scent
27 LEM lander
28 Make coffee
29 Omigosh!
30 Coats with gold
32 Singer -- Rogers
33 Gorgeous
34 Rainbow goddess
35 Attention getter
37 Leave the dock
38 Word of honor
40 Castle wall
41 Medicine chest item
42 El --, Texas
43 IM offerer
44 Handle users
45 Easy shot (hyph.)
46 Ms. Verdugo
47 Thick soup
49 Crawford's ex
51 Land east of the Urals
52 Foot part
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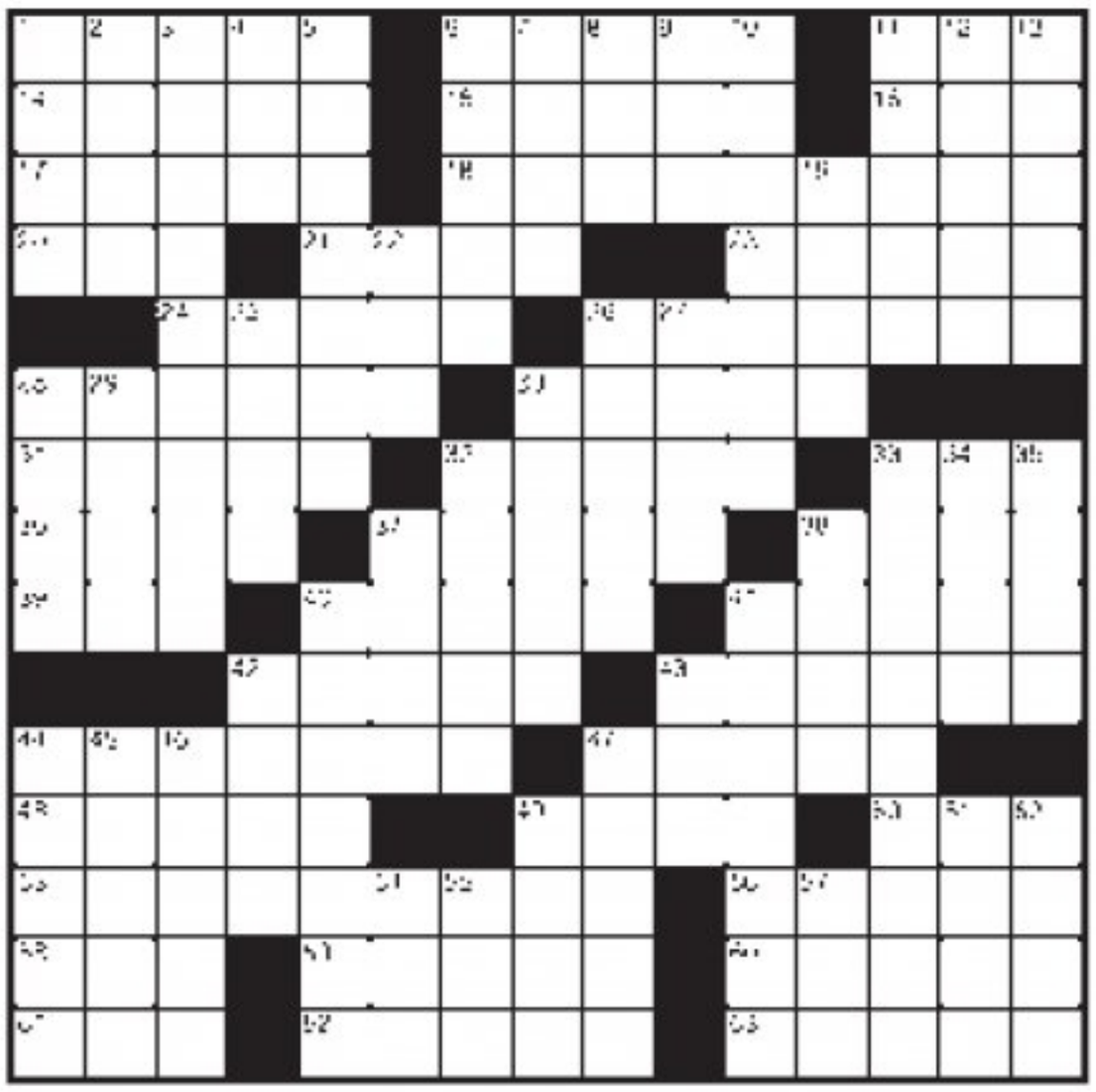
57 Smelter input



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easy

		1	3			6		7
3					5		9	
	8	4			7			
		8		5			2	4
		9				7		
5	2			6		1		
			2			9	3	
	9		5					6
8		7			6	4		

hard

5	9	7		3	2			
1				7	6		9	
		4						
		9			7	4	3	
6								2
	3	5	2			7		
						3		
	4		6	5				1
			9	4		6	2	5

metro.us/horoscopes

Aries Keep a sharp watch over money matters and people who may try to take advantage of your good nature. Focus on mental and physical improvements.

Taurus Focus on what needs to be finished and don't stop until you reach your goal. Clear the clutter and prepare to begin again. Don't give up; get started.

Gemini Emotional deception will be a problem. Having a realistic attitude regarding your plans or financial situation will be necessary if you want to get ahead.

Cancer A day trip will result in you meeting new people, broadening your perspective and learning new things. The connections you make will bring you satisfaction and joy.

Leo Keep your financial affairs a secret. It's best not to overspend or try to buy love. Stay focused on making personal changes that will gratify you mentally and physically.

Virgo Be diplomatic when dealing with personal, domestic or health matters. Not everyone will see things your way. Tread carefully when dealing with relationships.

Libra Your involvement in networking functions that involve children will help you look at your future in a new light. Don't procrastinate. You should be moving forward.

Scorpio Emotional mistakes will be costly. Think outside the box and be sure to keep your expectations in perspective. Get your facts straight before you take action.

Sagittarius Put some heart into whatever you choose to do. Speak up and make positive changes based on what you want to accomplish. Don't settle for less.

Capricorn Don't worry so much about what others are doing. Focus on honing your skills and making sure you leave no room for error. Be a leader, not a follower.

Aquarius Look for answers from former colleagues or co-workers with whom you shared a rapport. Sharing the workload will help increase your output.

Pisces Focus on what you have. Money matters can be resolved if you are practical in your spending. Don't let a romantic desire turn into a costly mistake. EUGENIA LAST

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